



WEEK TWO

TURN

PAUSE, LISTEN, AND CHOOSE TO FOLLOW JESUS

- If you had to describe the Gospel in a nutshell to someone who had never heard the stories, what would you say? In 2-3 sentences articulate your understanding of the Good News. Post it somewhere in your house where you can see it, and at the end of the day name 1-2 ways that you lived out the Gospel that day.
- Find something around your house, yard, or neighborhood that makes you think of the sacred. Add it to your home altar if you made one.

LEARN

REFLECT ON SCRIPTURE EACH DAY, ESPECIALLY JESUS' LIFE AND TEACHING

- Watch a Bible Project video. (bibleproject.com)
- Think about your favorite Bible story and then tell that story to someone else in your own words.

PRAY

DWELL INTENTIONALLY WITH GOD EACH DAY

- Find a labyrinth near you and walk it.
- Say the Jesus Prayer throughout the day:

Lord Jesus Christ, Son of the living God, have mercy on me, a sinner.

WORSHIP

GATHER IN COMMUNITY WEEKLY TO THANK, PRAISE, AND DRAW NEAR TO GOD

- Have a conversation with someone about what you miss about worshipping together as a faith community.
- Participate in a worship service from A New Zealand Prayer Book. (anglicanprayerbook.nz)

BLESS

SHARE FAITH AND UNSELFISHLY GIVE AND SHARE

- Make a financial donation to Foundation Communities, Casa Marianella, or El Buen Samaritano
- When you order something for take-out or in a restaurant/coffee shop double the amount you usually tip.

GO

CROSS BOUNDARIES, LISTEN DEEPLY, AND LIVE LIKE JESUS

- "Explore" a holy space virtually (Iona in Scotland, The Western Wall in Jerusalem, the Sea of Galilee, Christ in the Desert Monastery in New Mexico, etc.)
- Write a letter/make a phone call to a friend you haven't talked to lately.

REST

RECEIVE THE GIFTS OF GOD'S GRACE, PEACE, AND RESTORATION

- Engage in a hobby that brings you joy (puzzle, craft, game, gardening, reading, etc.).
- Take time to feed yourself thoughtfully rather than just mindlessly eating.

